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Cap 2

HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

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SUBJECT: "Hold That Freshness"...Information from the household equipment specialists of the United States Department of Agriculture.

Do you find that some of your garden vegetables mature faster than you can use them? When large quantities of a vegetable come in, of course, you can the excess. But often a homemaker finds that she has just enough peas, or lima beans, or sweet corn, broccoli, brussel sprouts, or maybe spinach for two or three meals..not enough to can. Naturally you want to pick the vegetable when it's at top quality, because vegetables that stay in the garden past the maturity point lose flavor, food value and become tough and generally of poorer quality. But if you pick all that's ready to be harvested and try to hold the excess in ordinary storage until you can use it...that delicious garden freshness soon slips away.

You can beat this dilemma, say the household equipment specialists of the United States Department of Agriculture, by putting the excess in the freezing compartment of your refrigerator.

Here's the way you do it. Wash and prepare the vegetable as though you were going to cook it immediately. Then scald it with boiling water. This scalding sets the color and stops the maturing process...holding the fresh flavor and top food value. Cool the vegetable, drain and pack in your refrigerator tray. Line the tray with waxed paper...and leave the ends of the paper long enough to fold over and around the sides of the vegetable so its completely wrapped.

The tray is ready to go back in its place in the refrigerator. Your vegetables are ready for use anytime during the next few weeks. You can cook them on a few notice...like any frozen food. And you will have saved a couple or so meals from the drabness of overmature or wilted vegetables.

